

## ABSTRACT OF THE DISCLOSURE

~~The invention relates to a~~ A vehicle seat with a back rest, ~~and in particular a~~ a height-adjustable head restraint ~~which has~~ with a head cushion, and ~~[[with]]~~ a heating device for heating the neck and head region of a seat ~~[[user]]~~ occupant with hot air. The heating device ~~, which~~ has an air-guiding duct ~~which~~ that is arranged in the head cushion and has a hot air outlet opening. ~~To improve the sensation of warm coziness in the neck and head region of seat users even of differing body size, the hot air outlet opening is arranged~~ and on the lower side of the head cushion. The ~~, and the~~ intermediate space between the lower side of the head cushion and the upper side of the back rest is shielded to the rear by ~~means of~~ a covering.

(Figure 1)